

Study program / study programs: Sport			
Type and level of studies: Basic professional studies			
Course title: RECREATION			
Lecturer or lecturers (for lectures): Jovanovic M. Srecko, , Mudric R. Milos			
Lecturer / Associate (for practice): Mudric R. Milos			
Course status: Elective			
ECTS: 4			
Condition: added the third semester			
Course objectives: Theoretical and methodological education in karate; practically master basic by standard techniques; developing a positive attitude toward karate by emphasizing educational and practical educational value of karate.			
Course outcome: Absolving subject Karate students gain knowledge of the history, rules and karate organizations, as well as the ability to demonstrate the basic techniques of karate. The most successful students acquire the methodical competence to organize the learning of basic techniques and the use of specific exercises and training methods of karate in the other sports.			
Contents description			
Theory teaching: The course is divided into three thematic sections:			
<ul style="list-style-type: none"> • history • technique and methodology • competition rules 			
Practical classes:			
<ul style="list-style-type: none"> • Learning the basic techniques of karate • Monitoring the competition, training and preparation of top athletes and team • Monitoring seminars and thematic lectures 			
References			
Cirkovic, Z., Jovanovic, S. and Kasum, G. (2010). Borenja. Beograd: Univerzitet u Beogradu, Fakultet sporta i fizickog vaspitanja. (Serbian language)			
Jovanovic, S. (1992). Karate 1. Novi Sad: Sports World.			
Cirkovic, Z., Jovanovic, S. (2002). Borenja boks - karate. Beograd: Univerzitet u Beogradu, Fakultet sporta i fizickog vaspitanja. (Serbian language)			
No. of active classes			Other classes:
Lectures: 1	Practical classes: 2	Other forms of teaching:	
Teaching method			
Theoretical lectures; practical lectures			
Theoretical lectures, practical classes, exercises, training and monitoring of competition in martial arts, the realization of individual methodical units by students.			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Activity on classes	5	Practical exam	30
Practical classes	5	Oral exam	
Colloquium	60	
Seminar			